



PANDA's National Helpline

Phone

1300 726 306

Service Area

National

Hours

Mon – Fri 10am to 5pm AEST.

Service Description

Provides confidential Australia-wide counselling, support, information and referrals to local services for anyone affected by perinatal (during pregnancy and after birth) anxiety and depression. PANDA's support includes: Professional counselling and peer support from parents who have experienced perinatal anxiety or depression themselves; online information resources; help setting up support groups/supported playgroups; Community and Health Professional education; and secondary consultations for Health Professional via phone.

Service Type

INDIVIDUAL

Service provider

PANDA Post and Antenatal Depression Association (PANDA)

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